

UMRA NEWSLETTER

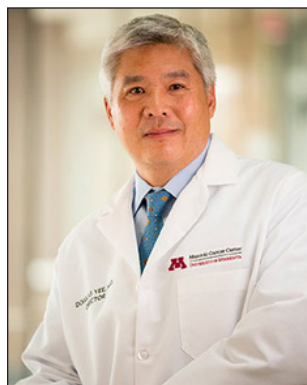
A Communication of the University of Minnesota Retirees Association

OCTOBER 2019

Current cancer research at the U and ‘personalized medicine’

Douglas Yee, MD, a professor of medicine and pharmacology, medical oncologist, and director of the Masonic Cancer Center, University of Minnesota, will discuss ongoing research in breast cancer at the University, and issues regarding ‘personalized medicine’ and the potential costs associated with it when he addresses UMRA’s luncheon meeting in the Campus Club West Wing dining room on Tuesday, October 22.

Dr. Yee holds the John H. Kersey Chair in Cancer Research. He is internationally known for his laboratory research on the growth regulation of tumors by insulin-like growth factors (IGFs), and the clinical translation of these findings.



Dr. Yee graduated from the University of Michigan in Ann Arbor, earned his medical degree from the University of Chicago Pritzker School of Medicine, completed his residency in internal medicine at the University of North Carolina in Chapel Hill, and completed his fellowship in medical oncology at the National Cancer Institute in Bethesda, Maryland.

Before coming to the University of Minnesota, Dr. Yee held faculty positions in the Georgetown Lombardi Cancer Center at Georgetown University in Washington, D.C., and at the University of Texas Health Science Center at San Antonio.

Top Doctor

He has been the director of the Masonic Cancer Center since 2007, leading it to the highest designation by the National Cancer Institute of the National Institutes of Health. He has been recognized as a *Mpls. St. Paul Magazine* Top Doctor (2012–15), and as one of the “Best Doctors for Women” by *Minnesota Monthly* (2011, 2014).

Dr. Yee’s specialty as a medical oncologist is breast cancer. His laboratory has been interested in the regulation of cancer cells by IGFs and insulin. He also maintains an active clinical practice in the medical management of breast cancer. As part of his clinical care, he serves as the site principal investigator on several clinical trials that employ experimental therapies targeted against IGF receptors and the so-called PI3K pathway, a signaling system involved in regulating cells.

He is chair of the Agent Selection Committee of the I-SPY2 Trial, which, as described by the National Institutes of Health (NIH), is investigating the ability to practice personalized medicine by learning which new drug agents are most effective with which types of breast cancer tumors, and which early indicators of response are predictors of treatment success. Dr. Yee also serves on the Executive Committee of this NIH clinical trial.

—Frank Cerra, MD, chair, Program Committee and president-elect

UNIVERSITY OF MINNESOTA

OCTOBER MEETING At A Glance

Tuesday, October 22
West Wing Dining Room
Campus Club, Fourth Floor
Coffman Memorial Union

Luncheon + Forum

11:30–1 p.m.

*Current cancer research and
‘personalized medicine’*

Featured speaker

Douglas Yee, M.D., director
U of M Masonic Cancer Center

Living Well Workshop

1:30–3:30 p.m.

OHR annual benefits update

Menu

Ferndale Market roast turkey
breast with fennel, oregano, and
garlic pan sauce over mashed
sweet potatoes. GF.

*For special dietary needs, please
request when making your
reservation.*

RSVP by October 15

Prepayment of \$23 per person.
Annual prepayers, please cancel
if you will NOT attend.

Reserve and pay online or send
your check payable to ‘UMRA’ to:
Mary Ford
1147 Ivy Hill Drive
Mendota Heights, MN 55118

Parking

\$7 maximum in University ramps
with UMRA’s discount coupon.
To reserve parking in the East
River Road Ramp, contact Mary
at ford045@umn.edu or
651-955-6118.

UMRA NEWSLETTER

Cause for celebration

The 2019–20 academic year is off to a good start. The University inaugurated President Joan Gabel, who gave a thoughtful and rousing [speech](#) from the steps of Northrop Auditorium, setting forth her vision and priorities for the University. (President



Gabel’s remarks start at 2 hours 12 minutes into the YouTube video of the ceremony.) She will speak to UMRA for our November 19 Forum in the West Wing of the Campus Club. Mark your calendars now and be sure to plan to attend. Let’s give her a rousing welcome!

Save the date: December 17

Among the highlights of a special UMRA board meeting in August, we decided to hold an UMRA Holiday Reception on December 17 from 4 to 7 p.m. in the West Wing. Be sure to mark that date in your calendars, too. The party will be for members and guests to celebrate and have fun together during the holiday period. There will be heavy appetizers and a cash bar, plus some entertainment, including music; an opportunity to make predictions of future events; and anything else we can think of that will help us to have a good time. If you have any suggestions for the party, please send them to Frank Cerra, our Program Committee Chair, or me. The cost will be \$25 per person.

Meetings with regents. The UMRA Board also decided to work on our relationship with the Board of Regents to see if we can strengthen our ties and make the regents better aware of our support and concerns. We’ve proposed holding a series of coffees with the four regents who were elected by the legislature last year. Our hope is to get to know the new regents, to learn what inspired them to become regents, and to make them aware of the large reservoir of wisdom that exists within the ranks of University retirees. We will announce the time and location for these interactions as they are planned.

Sponsorships. The UMRA Board also agreed to seek increased sponsor support for our programs and events. Happily, we were able to convince Beverly Moe, a member, to take on this assignment from Earl Nolting, an icon of UMRA. She has enthusiastically engaged with our

established sponsors, attracted some new sponsors, and already increased our sponsorship support significantly.

The board has asked UMRA’s Communications and Outreach Committee to develop a sponsorship policy that will reflect our comfort level regarding whom we approach. I can report that many other Big Ten retiree associations have large and extensive sponsorship programs.

—[Bill Donohue](#), UMRA president

Welcome new members to UMRA

Please give a hearty welcome to 29 new members who have joined UMRA between mid-August and mid-September. Encourage anyone you know to attend our monthly meetings, greet all newcomers, and help introduce them to other members.

- David Arendale, Department of Curriculum and Instruction
- Virginia Bach (and Earl Bach), University Libraries
- Paula Buchner (and Thomas Buchner), College of Veterinary Medicine
- JoAnn Buysse, College of Education and Human Development (CEHD)
- Julie Curtsinger, Masonic Cancer Center
- Pieranna Garavaso, University of Minnesota Morris, Humanities Division
- Kevin Gilbertson, University of Minnesota Foundation (UMF)
- Rodney Johnson, College of Pharmacy
- Carol A. Larson, Academic Support Services, Office of Student Finance
- Lory Lemke, University of Minnesota Morris, Humanities Division
- Marilyn “Mari” Maack-Magnusson, Housing and Residential Life
- Gayla Marty, CEHD
- Virgil Mathiowetz, Center for Allied Health Programs, Occupational Therapy Program
- Gayle Moxness, Center for Infectious Disease Research and Policy
- Victoria Nelson, Parking & Transportation Services
- Michael Peluso, UMF
- Patricia Peluso, UMF
- James Bruce Redmon, Medical School

- Karolyn Redoutey, College of Continuing and Professional Studies
- Eric Ristau, College of Food, Agricultural and Natural Resources
- Linda Schintz, CEHD
- Barbara Shiels (and Frank A. Preese), Office of the General Counsel
- Ted D Skogman, Office of Student Finance
- Linda Stark, Auxiliary Services
- Elizabeth E. Templin, University of Minnesota Extension
- Guy Vandenberg, CEHD

For contact information, please visit umra.umn.edu > Contact Us > [Member Search](#) (login required).

New member welcome reception and orientation, October 22

Have you joined UMRA since November 1, 2018? Then you're invited to the New Member Welcome Reception and Orientation in the Campus Club Lounge from 10 to 11:15 a.m. on Tuesday, October 22.

UMRA board and committee members will be on hand to meet and greet you. It's a nice opportunity to get acquainted with other new members and find out about interest groups, activities, and campus discounts offered by UMRA. The reception will take place just before the monthly UMRA luncheon, so you can plan to attend both events with just one trip to campus.

To reserve parking in the East River Road Ramp, contact Mary Ford at fordx045@umn.edu or 651-955-6118.

RSVP to ander049@umn.edu if you plan to join us for the reception. We hope to see you there!

—John Anderson, chair, UMRA Membership Committee

Food for thought

“Do remember to forget, anger, worry, and regret.
Love while you've got love to give.
Live while you've got life to live.”
—Piet Hein

October workshop: OHR annual benefits update

Our October workshop will be the annual update from the University's Office of Human Resources on retiree health benefits, plus an update on changes in the retirement investment system to be implemented next spring. The workshop will be held in the West Wing Dining Room to accommodate the large attendance we anticipate.

We have also expanded the allotted time, to allow for more questions and for the retirement plan update. Our thanks in advance to Ken Horstman, senior director of Total Compensation, and his team for providing this timely, important, and comprehensive review.



Health Programs Manager Ryan Reisdorfer will give an overview of 2020 health benefit changes, and a representative from each of the four medical plan vendors—BlueCross BlueShield, HealthPartners, Medica, and UCare—and Delta Dental will give short presentations highlighting their plans and any 2020 changes.

The medical and dental plan representatives will also be available afterward for individual questions.

Retirement Plans Program Manager Krisann McMahon will provide an update on the transition to Fidelity for the Faculty Retirement Plan, the Optional Retirement Plan, and the 457 Deferred Compensation Plan.



Again, there will be plenty of time for questions and discussion. Please attend if you are able!

—Bill Donohue

Come at 10:30 for coffee and conversation

Thanks to the Campus Club, the West Wing Dining Room is available to UMRA members for coffee and conversation before our luncheons. There is no charge and no need to RSVP.

HELLO, my name is Bev Moe

Hometown: I was born at University Hospital in Minneapolis when my dad was a law student at the U.

When did you join UMRA? In 2018.

What was your very first job? My first job was as a clerk at Walgreens while I was a student at the University. I think I made \$1.30 an hour!

What was your occupation when you retired from FT work? I had worked as a senior paralegal in the Office of the General Counsel for almost 18 years at the time of my retirement.

If you could learn a new skill, what would you like it to be? If I could learn a new skill (and of course I can!) I'd learn languages starting with Spanish. I love to travel, and I'd like to be able to converse with people in the countries I visit.

Do you have a favorite spot on the U of M campus? I was thrilled when the Scholars Walk was created on the Minneapolis campus. It's a great walk from Appleby Hall to the McNamara Alumni Center, highlighting so many great achievements of our University. And who doesn't love Northrop Mall? It was a favorite place of mine when I was an undergraduate at the University, for meeting my friends, enjoying warm weather, and daydreaming.

What is something you currently enjoy doing with your time? I love to hike. I hiked the Camino de Santiago in Spain, a 500-mile pilgrimage that crosses the French Pyrenees, in 2016, and I recently completed the Cleveland Way in Yorkshire, England, a 109-mile hike around the North York Moors. Hiking keeps my body strong, contributes to my emotional and spiritual health, and nourishes my soul. If I'm ever out of sorts or can't make myself happy, I put on my hiking boots and hike, and the world I live in seems to right itself. I'm already planning my next hiking adventure in Europe!



Bev Moe at the end of hiking the 109-mile Cleveland Way in northern Europe in September.

September's scholarly forum was well received

Our September forum featured a presentation by Jack Zipes, a professor emeritus of German, Scandinavian, and Dutch, on Charles Godfrey Leland (1824-1903), "the forgotten folklorist of the 19th century."

When Leland was a child growing up in a prosperous Philadelphia family, the Irish, African-American, and other household help regaled him with folk tales, triggering an early interest in folklore and folk linguistics. After studies at Princeton, Dartmouth, Columbia, Heidelberg, Munich, and the Sorbonne, Leland was driven by a "monstrous curiosity" about the supernatural and the occult. He pursued intensive field investigations, recording and translating folk tales of the European Roma and New Brunswick's Algonquian Indians.



PDGR Committee Chair Dick Poppele (right) and UMRA member Kris Mortensen welcomed Jack Zipes to the September luncheon.

A seeker of truth

In Florence, Italy, Leland befriended a witch's family, which led to meeting other Italian witches who shared knowledge about their legends, songs, and spells. In Northern Italy, Leland unearthed and studied the Legends of Virgil, dating from Etruscan-Roman times. The Roman poet's stories became hugely popular in the Middle Ages.

Leland was a seeker of truth, spending years trying to distill imbedded truths from the folk stories he gathered and the folk customs he observed. He was trained as a lawyer, but eventually became an editor and prolific author. He was also a pioneer of decorative arts education and helped found the Public School of Industrial Art in Philadelphia.

Zipes's well-received presentation was a stimulating and scholarly exploration of a topic unknown to most.

—John S. Adams, member, PDGR Committee

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Savings not valid on special orders.

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Thank you to University of Minnesota Bookstores for helping to sponsor our October newsletter.

Still *driven to discover*?

UMRA members, do you have an unfinished scholarly or creative project or one you'd like to undertake that needs modest funding? Do you know that awards from the Professional Development Grants for Retirees (PDGR) program may be used to cover activities related to projects in the arts, humanities, or science?

UMRA's PDGR Committee encourages you to submit an application by December 13 for financial support for the next academic year (2020-21).

The annual, competitive PDGR awards are funded by UMRA and the Office of the Vice President for Research and are available to any U of M retiree.

Grants of up to \$5,000 can help with the cost of research assistance, attending or presenting a paper at a professional meeting in the U.S. or abroad, preparing an art exhibit, or visiting archives. Or, grants may be used as seed money to support work the results of which can provide a basis for seeking additional funds from other sources.

Numerous projects have been funded in recent years, and [abstracts](#) summarizing them are available for review on the UMRA website. Here are just a few examples:

- A video documentary on the DFL movement;
- A video on parent-child interaction;
- Travel to Baltimore to document an African diaspora reunion;
- Travel to participate in a Polish fire arts festival and iron casting;
- Research on death, related practices, and their impact on climate change;
- Research and development of the website, "A Campus Divided";
- Research on American Indian women authors;
- Research for a video on Duluth and the Hollywood movie industry;
- Research for a biography of Minnesota social activist Frances Andrews.

So, if you as a U of M retiree find yourself still *Driven to Discover*, why not set aside some time defining your project and laying out a work plan and timetable? If you require modest financial support, [apply](#) for a PDGR grant to translate your musings into action. Why wait?

—John Adams and Joanne Eicher, members, PDGR Committee

Volunteer through URVC—it's easy

Many respondents to last spring's volunteerism survey expressed interest in opportunities for volunteering through the University Retirees Volunteer Center (URVC). Access to information about volunteer opportunities, both within the University and the Twin Cities, is now readily available online through URVC's volunteer management system, *Better Impact*.

If you have been a URVC volunteer in the past three years and know your user name and password, you can connect directly with *Better Impact* at MyVolunteerPage.com.

If you have not previously volunteered with URVC, go to the [Get Started](#) page on the URVC website where you will find instructions and a link to the Application Form page.

For additional instructions, a brief operations manual is available on the Get Started page.

URVC encourages you to explore all the volunteer opportunities posted on our website and trusts you will find something that matches your interest—or ignites a new one!

—John Anderson and Marva Sullivan, URVC

In remembrance

We report the passing of UMRA members and University leaders as we learn of these losses to our community. Our condolences to the families and friends of our colleagues.

Taeko Perry passed away on July 14, 2019. Taeko was a well-known potter and supporter of the arts, and the wife of retired psychology professor and assistant director of University Counseling and Consulting, Dr. Dallis Perry.

Peter Plagemann passed away on July 18, 2019. Dr. Plagemann was a professor emeritus of microbiology in the Medical School who dedicated more than 40 years of his professional life to the study of microbiology and teaching.

UMRA Cares supports members

If you learn of someone who is facing a difficult life challenge, or for assistance and support in the event of the death or serious illness of an UMRA member or family member, please e-mail us at umracares@umn.edu or call 612-626-4403, and leave a message for UMRA Cares.

Learning opportunities abound

We began the 2019–20 Living Well Workshop series with a presentation on educational opportunities for retirees at the U of M, and we learned that there is a wonderful array of possibilities!

First, we heard from Anastasia Faunce, director of [LearningLife](#) in the College of Continuing and Professional Studies (CCAPS). LearningLife offers a wide-ranging portfolio of noncredit short courses, seminars, and immersions taught by University faculty and experts from the community. The short courses and seminars range in cost from \$55 to \$165. UMRA members receive a 10 percent discount.

Another signature LearningLife program is Headliners, a series of single-session lectures on current events by University scholars. LearningLife also hosts Encore Transitions, a series of one-day immersions to help people deal with practical issues while pursuing purpose-driven, post-career engagement.



Workshop presenters (from left) Julie Selander, Anastasia Faunce, and Sandra Krebs Hirsch described the abundance of learning opportunities at the U for retirees.

We then heard from Sandra Krebs Hirsch, vice president of the [Osher Lifelong Learning Institute](#) (OLLI), a membership organization (also in CCAPS) that offers more than 300 courses, discounted trips in the U.S. and abroad, and more than 30 special interest groups. OLLI courses are taught by volunteers and are held in locations across the Twin Cities. Annual membership costs \$240.

Finally, we heard from Julie Selander, director of One Stop Student Services, who spoke about the [Senior Citizen Education Program](#), which allows state residents age 62 or older to take courses in the regular curriculum, for \$10 per credit, or audit for free. Registration can be done online or in person at a One Stop location on campus. Seniors may register for any available course, subject to the same rules for prerequisites as other students.

—Ron Matross, chair, Workshop Committee

Firsthand—experiences with aging

By Lynn C. Anderson

As we age and encounter more challenges while traveling, it's good to bear in mind that our worst experiences often make the best and funniest memories. *Remembering* is one of these challenges.

Several years ago, I was returning to San Diego after having spent the holidays in Minnesota. My daughter Stephanie had given me a jar of her incredible homemade jam that I put in my carry-on luggage. During the security check at the airport, the TSA agent removed the jam from my carry-on, and told me I couldn't take it with me. I had forgotten that jam would be considered a liquid or gel and had to be three ounces or less.

My sad face was evident as I explained that this was a gift from my daughter. The TSA agent took pity on me and said, "Well, I guess it's okay since it's frozen." It was not frozen, but I realized what he was doing and responded not with "Yes"—since I didn't want to lie to TSA—but rather with "Whatever you say," and I was allowed to take the jam with me. Needless to say, I have been very careful not to forget TSA regulations since then.

During my decades-long personal and professional engagement with international education, and thanks to speaking several languages, I have managed to see a good part of the world, find my way, and not feel like a foreigner. Despite that, I have managed to almost miss trains, get lost, mix up words and cause embarrassment, and be clueless about some customs. This has gotten worse over the years, but also makes for good stories.

Being intentional

I recently heard a presentation by a psychologist who said it isn't that we forget, it's that we fail to remember. We set down our keys or glasses randomly without thinking to ourselves, "I'm putting my keys on the kitchen counter," or "I'm putting my glasses on the table by the recliner." Without giving our brains this information, she said, there is nothing for our brains to remember.

Being intentional about remembering can help contain forgetfulness.

Also, before you start wondering, "Am I doing things right?" you should ask yourself, "Am I doing the right things?"

Photo Club to meet October 8

The UMRA Photo Club will meet from 12:30 to 2:30 p.m. on Tuesday, October 8, at the [St. Anthony Library](#) in the east end of the St. Anthony Shopping Center. "Color" is the theme for October. Come at 11:30 for lunch first at the Great Dragon Buffet across the parking lot. Contact Sherilyn Goldsmith May at golds009@gmail.com for more information.

Book Club to meet October 18

Mary Jane Towle will lead the discussion of *The All-Girl Filling Station's Last Reunion* when the UMRA Book Club meets at 2 p.m. on Friday, October 18. Contact Pat Tollefson at p-toll@umn.edu for more information. Visit the UMRA website to read [a review](#) of the club's September selection, *Becoming*, by First Lady Michelle Obama.



The mood of the September luncheon was upbeat as evidenced by new UMRA member Mary Koppel (left) and UMRA treasurer Carl Adams.

Estate and tax planning sessions

Everyone is welcome to attend two upcoming UMRA Financial and Legal Issues Group sessions, in person or remotely via GoToMeeting. The first session, at 2 p.m. on Monday, October 14, will be a presentation on estate planning by attorney Matthew Guttman. The second session, at 2 p.m. on Thursday, November 21, will be a presentation on tax planning by Todd Koch, CPA, MBT, CFP. Both will be held at John A. Knutson & Co., PLLP, in Falcon Heights. For directions, or instructions for participating by computer or phone via GoToMeeting, contact Kim Elm at kelm@jakcpa.com or 651-379-5732.

Contact Andy Whitman at awhitman@umn.edu or 612-747-6015 if you have questions or suggestions.

—Andy Whitman, chair, Financial and Legal Issues Group

UMRA University of Minnesota Retirees Association

University of Minnesota
McNamara Alumni Center
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200 Oak Street S.E.
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Website: umra.umn.edu

Thank you to the Bakken Center for Spirituality & Healing for helping to sponsor our October newsletter.

THE BAKKEN CENTER FOR SPIRITUALITY & HEALING HAS MANY LEARNING OPPORTUNITIES FOR UMRA MEMBERS

WELLBEING LECTURE featuring
Richard Piacentini, "Making the
Connection between People,
Plants, Health and Planet," on
October 22 at the Bell Museum.

WELLBEING LECTURE featuring
Otto Scharmer, "From Egosystem
to Ecosystem" on November 5.

**LEADING FROM THE EMERGING
FUTURE WORKSHOP** featuring
Otto Scharmer on November 4.

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z.umn.edu/CSHEvents *UMRA*
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registration



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